



Public Health
Prevent. Promote. Protect.

Fond du Lac County
Health Department

Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

What's in the News?



October – December 2015

Issue 4

Lead Prevention

(Information taken directly from the [CDC lead prevention website](#))

Protecting children from exposure to lead is important to lifelong good health. No safe blood lead level in children has been identified. Even low levels of lead in blood have been shown to affect IQ, ability to pay attention, and academic achievement. And effects of lead exposure cannot be corrected.

The goal is to prevent lead exposure to children **before** they are harmed. There are many ways parents can reduce a child's exposure to lead. The most important is stopping children from coming into contact with lead. Lead hazards in a child's environment must be identified and controlled or removed safely.



To prevent lead exposure, [click here](#).

How are children exposed to lead? Lead-based paint and lead contaminated dust are the most hazardous sources of lead for U.S. children. Lead-based paints were banned for use in housing in 1978. All houses built before 1978 are likely to contain some lead-based paint. However, it is the deterioration of this paint that causes a problem.

Who is at risk? Children under the age of 6 years old are at risk because they are growing so rapidly and because they tend to put their hands or other objects, which may be contaminated with lead dust, into their mouths.

[Information on childhood lead level prevention](#)



Women, Infants, and Children (WIC)



NEW E-WIC CARD!

The Fond du Lac County WIC program has been very busy changing every family from paper checks to the new e-WIC card. The response from WIC vendors and families who utilize WIC has been overwhelming positive. By mid-November all families will have received the new card and paper checks at the grocery stores will be a thing of the past. The WIC office is looking forward to finishing this process and making plans to spend more time providing breastfeeding support and helping families make healthier food choices.



Maternal Child Health News

October is SIDS awareness month

Sudden Infant Death Syndrome is the leading cause of death for infants that are one month to one year of age. Each year about 4,000 infants die unexpectedly while sleeping from SIDS, suffocation, or unknown causes. A mission of the MCH department is to educate pregnant mothers and families in Fond du Lac County about SIDS and Infant Safe Sleep. Research has shown that there are several ways to reduce risk of SIDS and other sleep related causes of infant death. In order to reduce risk babies should:

Always be put to sleep on their backs

Always be put to sleep on a firm surface without any pillows, blankets, crib bumpers, or toys surrounding them. Babies should never be put to sleep on a couch, adult mattress or other soft sleep surface where they could potentially suffocate.

Share the same room for sleeping with their parent(s), NOT the same bed. Babies should have their own sleeping area, free from other people or pets.

Not be exposed to cigarette smoke, alcohol, or illegal drugs while in the womb or by caregivers after baby is born

Be breastfed if possible and also use a pacifier that is not attached to a string for naps and at night

Please contact the MCH department for more information or visit the following websites: <https://www.nichd.nih.gov/sts/about/SIDS/> or <http://www.cdc.gov/features/sidsawarenessmonth/>



Emergency Preparedness

FULL SCALE SHELTER EXERCISE

The Health Department collaborated with FDL County Emergency Management, the Department of Social Services, the Department of Community Programs and the American Red Cross to hold a full scale sheltering exercise on September 25th.

The Red Cross is lead in sheltering operations in FDL County. Health Department staff and others will provide support as needed. This exercise gave us the opportunity to practice our just in time training, our Functional Assistance Service Team (FAST) training and using emergency communications and notification resources.

We thank the ARC, and Marian University students for their participation and assistance to make this exercise a huge success!



Tobacco News

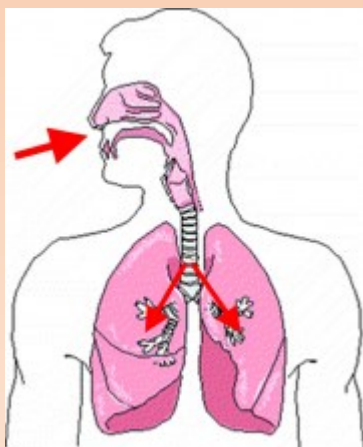


The Countdown to the Great American Smokeout has begun! Participating in the Smokeout is an excellent stepping stone to start your journey to quit; here are some helpful hints. Contact your health care professional to find out if medication is appropriate to use and what kind of medication. Counseling and combining one of the 7 FDA approved cessation medications are more effective than coun-

seling or medication alone. Telling your friends, family members, co-workers, and neighbors will help to build a much needed support system in case of obstacles that may arise. Removal of all tobacco products from your house, car, and work desk will help eliminate some urges to smoke. Identifying triggers such as: having your first cigarette waking up in the morning, reading, watching TV, and drinking coffee will also help you to quit. For more information and resources about quitting call 1-800-QUIT-NOW or go to www.ctri.wisc.edu/quitline.html. More resources can also be found on www.tobaccofreelivingfdl.com.

Environmental News

Did you know **radon** is the leading cause of lung cancer for non-smokers?



Find out more [here](#).

Homes old and new alike can have **radon**. The only way to find out if your home is safe is to test! The FDL County Health Department has radon test kits available for \$10.00 (48 hour test) or \$23.00 (long term test).



Dental News

Nutrition Tips for Pregnancy

A baby's teeth begin to develop between the third and sixth months of pregnancy. Making smart food choices now can help set your child up to be Mouth Healthy for Life. Eating a healthy diet and taking a pre-natal vitamin are very important.

[Click here](#) for tips on how to make healthy eating choices during pregnancy!

